



Sanitary Pad

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Introduction

A sanitary periods pad, as well as merely pad, and also called as menstrual napkin, sanitary napkin is an observing device used by inside these panties while menstrual, hemorrhaging during child birth, recuperating gynecologic therapy, suffering a pregnancy complication as well as pre mature baby and in any other condition in which a blood flows from either the genitalia are required.

As the same, sanitary pad is a form of period hygiene product that would be maintained on the outside birth canal, as opposed to tampons and menstrual cup, which have been used inside. Sanitary napkins are replaced by removing the shorts and underpants, removing the old napkin placing the diaper pail underneath. The underpants and remove the clothes back on.

To eliminate microbes that just might develop in blood, pads must be exchanged after 3 to 4 hours; however, this period various according to the type used the following as well as duration it is taken to wearing. Sanitary pads come in a variety of fabrics, which vary by design, place of origin, and brands. The napkins are the category as adult diapers, which provide a greater absorbency and therefore are utilized by people who suffer urinary itching or anxiety incontinence. While menstrual napkins are not designed for such a function, some women do.

Various Types of Sanitary Pads

Let's have a various sort of sanitary pads so can make a more informed decision.

S. No	Types of Pads
1	Tampons
2	Menstrual cup
3	Sanitary pad made organic cotton
4	Fabric sanitary pad
5	Sanitary product with constant flow
6	Disposal sanitary products

7	Bamboo fibre pad
8	Commercial sanitary pad
9	Sanitary pad reusable

Sanitary Product Made of Organic Cotton

Pure cotton pad has manufacturer of natural goods and yet devoid of synthetic component as well as sanitize, making them ideal for lady's wit latex allergies.

Sanitary Product (Reusable)

Reversible menstruation product, also called as washable products, include a hole in the middle where absorbency filters can insert. They are green alternatives because they don't have to do be thrown and can also be recycled.

Fabric Sanitary Pads

Whereas the standards of hygiene are doubtful, such environmentally hygiene pads are constructed of soft material and it can be recycled after wards washing.

Sanitary Product Content and Strong Flow

The ordinary pads are designed smooth cycle and therefore are composed of lightweight material. It is ideal for lady whom prefer to change their clothes every so often regardless of the flow high flow sanitary pads. On from the other part seems to be larger and have more feather absorbing capacity as well as lateral.

Best Sanitary Products

S.No	Type products
1	Whisper
2	Stayfree
3	Sofy
4	Nua
5	Plush
6	Paree
7	Bella
8	Pee safe
9	Sanfe

Sanitary Products Cause Cancer

Researchers say sanitary napkin is harmless, however a handful current research indicate linked the use of absorbing chemicals such as dioxin as well as ultra-absorbing polymeric material in menstrual pads to such as increased risk of vaginal carcinoma.

This one is attributing to the reason because dioxin may build up in the body system and affect the internal system leading to female gonad and cervical cancer.

Ways To Disposing Sanitary Products

S.No	Types of Ways
1	Incinerator
2	Latrines with chutes
3	Reusable cloth pads
4	Biodegradable product
5	Clay incinerator
6	Cement incinerator
7	Better disposal technique

Awareness of Menstrual Wastes Management

Educators are able adults and women handle menstrual cycle more respect by making in the school atmosphere girl and women friendly. Reproductive education in schools assists teenagers in identifying themselves gender orientation, protecting individuals from child molestation, unexpected pregnancy complications, and sexually transmitted disease, as well as understanding hormonal changes in the body and sanitary conditions.

Like most situations, professor's perspectives regarding menstrual girl in schools really aren't positive or encouraging. Multiple options of mothers, instructors, and societies have an impact on reproductive education in schools and institution gender biased education is further them pared by culture, religious, and socioeconomic restriction.

To addresses such difficulties, teaching staff and personal in school and universities can be well and comfortable about menstrual cycle and basic menstrual administration thus that they too can encourage girl and women by creating a secure and private atmosphere in the schools, a council of teachers, both male and female, must be formed to collect donations for such distribution of sanitary products, cleansers, water and restroom facilities such that girl can handle their menstrual with good accessibility.

The organization also should arrange garbage cans for such disposal of menstrual wastes. In schools, individual restrooms for girls and boys should be constructed with suitable door and locks. Teacher taught girls about menstruation hygiene how it affects their physical health.

They must also teach female pupils how to take care of themselves. How to discard of old menstruation products at home and school, as well as dangers of dumping them out or washing them down the loo. Schools must have open conversation about adolescence, reproductive education, menstrual cycle, and other topics in each and every class to educate pupil.

It will answer and unanswered questions by presenting adolescents with authentic instruction embolden of social commitment, along with guidance them create a trusting relationship with colleagues and faculty members. School administration board should establish to mental strength facilitate as well as enhance teaching and learning about health & welfare, provide sufficient sanitation facilities, and safeguard female students and employees from aggressive behavior and sexual discrimination.

Conclusion

Awareness programs would have been best positioned as part of holistic reproductive educational programs aimed at addressing girls stigmatized and embarrassment around menstruation, as well as accessing to period utilizing the accompanying, unequal gender relations, and lack of awareness about periods.

Reference

Rajanbir Kaur, Kanwaljit Kaur and Rajinder Kaur. Menstrual Hygiene, Management, and waste disposal: Practices and challenges faced by girls/women of developing countries. *J. Environmental & Public health*. 2018: 1-9.